

Thyroid Tune-Up Steps

By Dr. Ritamarie Loscalzo

Your thyroid gland is a butterfly-shaped gland located in the front part of your neck. The bony structure in front of your neck, commonly known as the “Adam’s apple”, is really called the thyroid cartilage and its purpose is to protect your thyroid gland. Your thyroid’s main job is to control the amount of oxygen utilized by each and every cell in your body. Thus it controls your metabolic rate, i.e. the rate at which your body burns fuel.

Your thyroid is responsible for:

- Metabolic rate (oxygen uptake)
- Growth and repair
- Production of protein
- Glucose entry into cells
- Muscle growth and bone development
- Growth hormone and prolactin
- ATP (energy) production
- Adrenal medulla activity
- Enzyme synthesis
- Thermogenesis (heat)
- Insulin sensitivity and clearance
- Follicular development and ovulation
- Maintenance of pregnancy
- Spermatogenesis
- Central nervous system development
- Wakefulness and alertness
- Memory and learning capacity
- Emotional tone
- Speed of nerve reflexes



Thyroid Dysfunction

If your thyroid gland is under-functioning, you burn fuel more slowly and often have difficulty with getting rid of excess body weight. People with overactive thyroid glands are usually thin and wiry with rapid heart rate and agitation.

Thyroid gland function is complex, and while there is no need for you to become an expert in its physiology and biochemistry, it's important for you to have a general understanding to enable you to best take care of this precious gland.

Thyroid problems leave you feeling tired and unmotivated.

Most doctors don't have a thorough understanding of how to assess thyroid function. They generally label it in only one of three ways: overactive, underactive, or cancerous.



The treatment is either synthetic T4 medication for underactive thyroid or radiation followed by synthetic T4 medication. There is a better way.

The First Step Toward Thyroid Balance

By doing a full assessment and applying targeted nutrition and lifestyle practices, your thyroid can, in most cases, be brought back into balance.

It's up to you to understand how your thyroid works and demand proper testing. Take charge of your own health so you can feel energetic, have soft supple skin, a clear focused mind, and achieve a level of vitality you never thought possible.

While most conventional doctors look at just a few ways your thyroid can malfunction, there are actually over 20 different presentation and causes.

The Most Commonly Overlooked Thyroid Dysfunctions:

- **Autoimmune Thyroid:** With autoimmune thyroid, your immune system has created antibodies that attack your thyroid. This is not truly a thyroid problem; it's a malfunction of your immune system.
- **Under Conversion of T4:** T4 is the hormone produced by the thyroid which should then convert to T3, the active hormone that reaches and controls the metabolism of your cells.
- **Increased Thyroid Binding Globulin:** Globulins are proteins that binds to thyroid hormone and keeps it from actively stimulating your cells. Common causes are birth control pills, xenoestrogens from the environment, dental materials and plastics, and hormone replacement therapy.
- **Thyroid Receptor Resistance:** This condition is similar to insulin resistance, in which thyroid receptors are no longer functioning properly and can't allow adequate quantities of hormone to enter your cells, leaving you with all the signs and symptoms of hypothyroid and relatively normal blood tests.
- **Wilson's Temperature Syndrome:** In this case, your temperature is low and your body converts much of the T4 to reverse T3, an inert form of thyroid hormone that inhibits the conversion of T4 to T3.

If you're ready to regain your energy, vim, and vigor, it's time to take charge of your own thyroid function.

Learn the lab tests and other testing you can get to identify the cause of your low thyroid symptoms. Once you learn more than your doctor knows about thyroid function, you can take charge of your own health and create the energy that will allow you to live the life of your dreams.

In my Energy Recharge Inner Circle, you'll be guided every step of the way through rebalancing your thyroid along with other key hormones and glands, get the tools you need to personalize your nutrition program, and put into action the diet and lifestyle steps to restore your energy and propel you into a vibrant and successful life.

<http://www.EnergyRechargeCoaching.com>